

Curried Pumpkin and Mushroom Risotto 2.0

Ingredients

2 medium leeks, trimmed, cut lengthwise, carefully cleaned, and thinly sliced*

2 Tablespoons/30 ml of extra virgin olive oil or 1 Tbs. EVOO and 1 Tbs. butter

16 ounces/454 gr fresh mushrooms, sliced (I used a mixture of shiitake, oyster, and cremini)

2 teaspoons/10 ml curry powder

2 3/4 cups/677 ml reduced sodium vegetable or chicken broth

3/4 cup/177 ml arborio rice

3/4 cup/177 ml canned pumpkin

Toasted pumpkin seeds/pepitas, toasted, for garnish

Salt and pepper to taste

1/4 cup/50 ml of dry sherry, for an extra layer of flavor

Method

Step 1

In a medium saucepan, start heating the broth just to simmer, and keep warm.

In a large saucepan/soup pot, sauté the leaks in the oil/butter over medium heat for 4-5 minutes or until tender, stirring occasionally.

Add the mushrooms, cooking for about 5 minutes until tender and starting to brown, stirring occasionally.

Stir in the curry powder.

Step 2

Add rice to the mushroom mixture and cook for 2 minutes, stirring often.

Using a ladle, add about 1/2 cup of the hot broth to the mixture and cook/stir until the liquid is absorbed.

Continue adding broth, one ladleful at a time, stirring after each addition until the liquid is absorbed. Repeat until all the broth is incorporated into the mixture. This takes about 20 minutes.

Step 3

Stir in the pumpkin and the sherry, if using. Cook/stir about a minute to incorporate the pumpkin

into the mixture and heat through. Adjust seasoning of salt and pepper to taste.

Put the risotto into a serving dish, garnish with the toasted pumpkin seeds/pepitas.

Serve.

*NOTE – Cut the tip of the root end of the leeks off and slice each leek lengthwise. Hold each half under running water. Separate each of the outer leaves and rub to clean any grit/dirt off. The tight center leaves should be devoid of grit but make sure to wash their darker ends well.

To slice, restack the separated leaves into their half stalk, and start making slices across the lighter tip end. When you notice a slight increase in resistance as you slice, remove the firmer/darker outer leaves as you make your way up the stalk. The darkest green ends of the leaves will be too tough to cook, and you will just be using the tender inner ones for your final slices.

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